

NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA

RECEIVED
6/29/99

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Schiff® Menopause Nutritional System Product #11470** bearing the statements set out below:

Weider Nutrition International., Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure-function claim for **Vitamins A, C, D, E, B1, B2, B3, B6, B12, Folate, Biotin Pantothenate, Calcium, Iron, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Boron, Fennel, Black Cohosh, Anise & Blessed Thistle** is as follows:

- (Statement 1) Provides the nutrients that may be important during midlife and menopausal years.
- (Statement 2) Proper nutrition and nutritional supplementation support healthy lifestyle practices during menopause.
- (Statement 3) Women have found them to be particularly helpful during menopause when used in a program of self-care including diet, exercise and stress reduction.
- (Statement 4) Proper nutrition and nutritional supplementation support healthy lifestyle practices during menopause.
- (Statement 5) For many women the use of a nutritional supplement is important in order to achieve optimal levels of certain essential nutrients.
- (Statement 6) Vitamin A - Vitamin A is necessary for the growth and support of the skin, mucous membranes, immune system, bones and eyes.
- (Statement 7) Vitamin B Complex - The whole complex works together to support metabolic functions, including glucose metabolism, homocysteine removal and stabilization of brain chemistry.
- (Statement 8) Vitamin D - Many medical studies have demonstrated the importance of vitamin D for bone support. It aids the absorption of calcium from the intestinal tract and in the assimilation of phosphorous. Adequate vitamin D is essential to maintain strong, sturdy bones through and beyond menopause.
- (Statement 9) Vitamin E - It protects vitamin A and polyunsaturated fats from oxidation and promotes cardiovascular health.

(Statement 10)

Calcium - Calcium is essential for maintenance of strong bones and

97S-0162

also see docket 97S-0163

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teeth. Calcium intake throughout life is one risk factor for osteoporosis, or bone loss. Other risk factors are advancing age, being a woman, and being Caucasian or Asian. Menopausal women, and long-lived men and women are at greater risk for bone loss. An adequate intake of calcium throughout life is linked to a reduced risk of osteoporosis by the mechanism of optimizing peak bone mass during adolescence and early adulthood, and later, by slowing the rate of bone loss. However, a total dietary calcium intake of over 2000mg per day has no further known benefit to bone health. Regular exercise and a healthy diet with enough calcium helps high risk populations maintain good bone health and may reduce their risk of osteoporosis later in life. Calcium is also needed for blood clotting, enzymatic action, and the regulation of fluid passage through walls of tissues and cells.

(Statement 11)

Magnesium - Magnesium is involved in the function of numerous enzymes in all cells, especially those involved with production of cellular energy. Magnesium is essential for proper protein synthesis, fatty acid synthesis, neurotransmitter production, and for regulatory events between cells. Magnesium is also necessary for bone health.

(Statement 12)

Iron - Iron is important in transporting oxygen in red blood cells to tissue. Iron is absorbed better if taken with vitamin C.

(Statement 13)

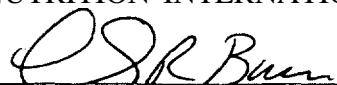
Iodine - Iodine is essential for the development and functioning of the thyroid gland

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 21st day of June, 1999.

WEIDER NUTRITION INTERNATIONAL, INC.

BY:



DR. LUKE R. BUCCI

Vice President of Research